

TALLAHASSEE SENIOR CENTER
CALENDAR OF WEEKLY PROGRAMS
JULY 2025



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1400 N. MONROE ST. • TALLAHASSEE, FL 32303 • (850) 891-4000 • TallahasseeSeniorFoundation.org

TallahasseeSeniorFoundation.org/calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 <i>Fitness at Chaires</i> 9:00 Quilting Bees 9:00 Portrait Studio 9:30 <i>Fitness at Woodville</i> 10:00 SHINE PRR 10:30 Adv. French ZM (ES) 10:30 <i>Fitness at Fort Braden</i> 11:00 Line Dance 11:00 Senior Counseling (by appointment) 1:00 Brain-Body- Balance 1:30 <i>Yoga for Women at Bradfordville PRR (LB)</i> 2:00 Beg. Spanish 2:30 Pickleball 3:00 Friends Connection 5:45 Intermediate German Study Group 6:00 Round Dance 7:00 Twirlers Square Dance 7:00 Capital City Carvers	8:30 <i>Fitness at Bradfordville I PRR (LB)</i> 9:00 <i>Brain-Body- Balance at Hilaman Golf 7/1 & 7/3; 7/22- 8/7/25; 7/8 & 7/10 at Hartsfield PRR (BW)</i> 9:00 Landscapes in Soft Pastels 9:00 Watercolor – Lab 9:30 Life Exercise 9:30 <i>Fitness at Bradfordville II PRR (LB)</i> 9:30 <i>Sit & Fit at Chaires</i> 10:00 Seniors vs. Crime 10:30 <i>Fitness Beg. at Bradfordville PRR (LB)</i> 10:45 <i>Brain Body Balance at Southwood PRR (RN)</i> 11:00 Mindful Movement 11:00 Senior Dining (PRR or Bring a Lunch) 11:15 <i>Fitness at Miccosukee</i> 11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i> 1:00 Friends Connection ZM (ML) 1:00 TDBC Bridge 1:00 Gentle Yoga 1:00 <i>Canasta at Lake Jackson</i> 2:30 Ping-Pong 2:30 Wii Bowling 4:00 Guitar 5:00 Pickleball 8:00 SA Support Group	8:30 <i>Fitness at Chaires</i> 9:00 Ceramics 9:00 Nimble Fingers 9:30 Oil and Acrylic with Debbie (All Levels) 9:30 <i>Fitness at Woodville</i> 10:00 Seniors vs. Crime 10:00 Tai Chi Practice 10:30 <i>Fitness at Fort Braden</i> 11:30 Pickleball Lesson 11:30 Pickleball 1:00 Oil and Acrylic with Debbie Int./Adv. 1:00 Pinocle 1:30 <i>Beg. Yoga at Bradfordville PRR (LB)</i> 2:00 <i>Beg. Yoga at Lake Jackson</i> 5:30 Yoga	9:00 Ceramics 9:00 Experimental Watercolor Inter./Adv. 9:00 <i>Brain-Body- Balance at Hilaman Golf 7/1 & 7/3; 7/22- 8/7/25; 7/8 & 7/10 at Hartsfield PRR (BW)</i> 9:30 Life Exercise 9:30 <i>Sit & Fit at Chaires</i> 10:30 <i>Brain Body Balance at Southwood PRR (RN)</i> 10:45 Ballet 11:00 Senior Counseling (by appointment) 11:15 <i>Fitness at Miccosukee</i> 12:00 Mindful Movement 1:00 Tai Chi Basics 1:00 Friends Connection 1:00 Experimental Watercolor Inter./Adv. 1:00 Clay Pinch Coil Slab 2:30 Ping-Pong 2:30 Mah Jongg (experienced only) 6:00 Two Step Dancing 7:00 ACA Group 7:00 Capital Chordsmen 7:00 Writers Workshop	8:30 <i>Fitness at Bradfordville I PRR (LB)</i> 8:30 <i>Fitness at Chaires</i> 9:00 Oil Adv. 9:30 <i>Fitness at Bradfordville II PRR (LB)</i> 9:30 Chess 10:00 Cards & Games 10:00 Tai Chi Practice 10:30 <i>Brain Body Balance at Fort Braden</i> 10:30 <i>Senior Fitness Beg. at Bradfordville PRR (LB)</i> 11:00 Senior Dining (PRR or Bring a Lunch) 11:30 Pickleball 11:30 <i>Fitness Adv. at Bradfordville PRR (LB)</i> 1:00 Model Building 1:00 Oil and Acrylic, Beg. 5:30 Ballroom and Swing 6:00 Overeaters Anonymous 7:00 Al-Anon Newcomers

www.TallahasseeSeniorFoundation.org

TALLAHASSEE SENIOR SERVICES – JULY 2025

Monthly, Bi-monthly & Special Events and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	JULY 1 10a Blood Pressure & Glucose Screening 11a Lunch with Dr.: OCD & Hoarding (RN) 11:30a Tech Help (ES) <i>12p Southside: OT Mental Health PRR (BW)</i>	JULY 2 10:30a Community CPR <i>1p Southside Friends Connection at Smith Williams</i>	JULY 3 8:30a Joint Strong Function Fitness (RN) 11a Adv. Ukuladies (KC) 7:15 TSC Patriotic Concert – Bring the Family	JULY 4 CENTER CLOSED FOR INDEPENDENCE DAY	JULY 5 CENTER CLOSED
JULY 7 8:30a Blood Drive 1:30p LLL-Questions About the Death Penalty (ES)	JULY 8 10a Therapeutic Touch <i>12p Southside: OT Mental Health PRR (BW)</i> 7p Stamp and Cover Club	JULY 9 10a Spring Nutrition: Gut Health (RN) <i>12:30p Friends Connection LNC</i> 6p Coin Club	JULY 10 8:30a Joint Strong Function Fitness (RN) 8:30a Podiatry PRR (RN) 11a Caregiver Support Group (ML) 11a Adv. Ukuladies (KC) 1p TDBC <i>1p LLL-Wine Tasting at Farmers Daughter PRR (ES)</i>	JULY 11 9a FAMU OT Brain Challenge 7:30p Contra Dance – Greasy String Band with caller Angela DeCarlis	JULY 12 CENTER CLOSED
JULY 14 10a Mindful Meditation 11a Art Council 12:30p Ice Cream Social-Under the Big Top <i>1p Poetry Group ZM (KC)</i> 1p TDBC 6p TDBC Bridge <i>7p GAP Circle of Parents ZM (KB)</i>	JULY 15 <i>12p Southside: OT Mental Health PRR (BW)</i>	JULY 16 8:30a Capital Coalition on Aging (KC) 9a Hike (RN) 11a LLL- Wetlands of the US (ES) <i>1p Southside Friends Connection at BL Perry Library</i> 1p LCSO Advisory Council 1p TDBC 4:30p Tech Help (ES)	JULY 17 10:30a Art Therapy for Wellness 11a Adv. Ukuladies (KC) 1p TDBC 2p Tech Help (ES)	JULY 18 9a FAMU OT Brain Challenge <i>11:15a LLL-Summer Movie: Pandas PRR (ES)</i> 1p TDBC	JULY 19 7p USA Dance: Hippies in the 60’s
JULY 21	JULY 22 <i>12p Southside: OT Mental Health PRR (BW)</i>	JULY 23 <i>12:30p Friends Connection LNC</i>	JULY 24 11a Caregiver Support Group (ML) 11a Adv. Ukuladies (KC) 11a Rhythm & Drumming Circle PRR (RN) 1p TDBC	JULY 25 9a FAMU OT Brain Challenge <i>11:15a LLL-Summer Movie: Blue Angels PRR (ES)</i> 7:30p Contra Dance – In Cahoots Band with caller: Drew Thomas	JULY 26 & 27 Sat: 10a-5p Sun: 9a-2p Coin Show
JULY 28 9a Senior Legal Assistance (NS) <i>1p Poetry Group ZM (KC)</i> <i>7p GAP Circle of Parents ZM (KB)</i>	JULY 29 <i>12p Southside: OT Mental Health PRR (BW)</i>	JULY 30	JULY 31 11:30a Senior LGBT+ Support Group 1p TDBC		

TALLAHASSEE SENIOR CENTER, 1400 N. Monroe Street, 850-891-4000

LEGEND We now offer in-person and virtual classes.

ZM = Virtual Classes on Zoom H = Hybrid Classes (virtual + in-person)
PRR = Pre-registration Required LLL = Lifelong Learning

REGISTRATION INFORMATION:

Register Online at www.TallahasseeSeniorFoundation.org unless otherwise noted

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